

		# of Servings	Grams of Sugar per Serving	Total Grams of Sugar	Total # of Teaspoons of Sugar	Natural Or Added Sugar?	Everyday Or Sometimes Drink?
#1.	100% OJ	1	21 g	21 g	5.25 tsp	Natural	Everyday
#2.	44 oz Soda	5.5	30 g	165 g	41.25 tsp	Added	Sometimes
#3.	Fat Free Milk	1	11 g	11 g	2.75 tsp	Natural	Everyday
#4.	1% Chocolate Milk	1	26 g	26 g	6.5 tsp	Natural and Added	Everyday
#5.	Energy Drink	2	27 g	54 g	13.5 tsp	Added	“Never” (Children should not be drinking energy drinks due to health risks.)
#6.	Sports Drink	4	14 g	56 g	14 tsp	Added	Sometimes
#7.	10% Fruit Juice	1	24 g	24 g	6 tsp	Added	Sometimes
#8.	Water	2	0 g	0 g	0 tsp	None	Everyday

